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"What I say unto you I say unto all, WATCH."—Jesus

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**TAKE  
POSSESSION  
OF TIME**



**HEALING IS SEEING—SPIRITUALLY  
IRRESISTIBLE VERSUS IMMOVABLE**

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[Healing experiences in *Sentinel* articles for children as well as adults are carefully verified.]

Founded in 1898 by Mary Baker Eddy,  
Author of the Christian Science Textbook,  
*Science and Health with Key to the Scriptures*



Marca Registrada

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# Christian Science Sentinel®

Marca Registrada

"What I say unto you I say unto all, WATCH." Jesus

## Take possession of time

LOWELL N. CANNON

If time were an animal, what would it look like? Ask a roomful of people this question, and you would probably get a whole menagerie of answers—a hummingbird, a slow-moving snail, a chameleon.

For most of us time, like the chameleon, seems to change its color rapidly according to the setting. If we are early for an appointment, we look for ways to fill the time. When in a hurry, we try to find shortcuts. Obviously it is not just the prison inmate who is "serving" time. Each of us might well ask himself or herself the question, Do I have time, or does time have me?

The renowned scientist and inventor Thomas A. Edison made excellent use of his time. It was not unusual for Edison to go for days with only brief naps while he was developing such useful inventions as the microphone, the phonograph, the electric light.



How does God measure time? He doesn't, at least not in finite hours, days, years, and centuries. The Bible states, "One day is with the Lord as a thousand years, and a thousand years as one day."<sup>1</sup> In Christian Science, God is understood to be infinite Mind, and "Mind measures time according to the good that is unfolded." This is a portion of a statement from the definition of "day" in the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy. The entire sentence reads, "The objects of time and sense disappear in the illumination of spiritual understanding, and Mind measures time according to the good that is unfolded."<sup>2</sup>

Finite time, consisting of evil as well as of good, is unknown to God. God, ever-present good, is infinite, and only eternity can express the infinite. Time and eternity are mutually exclusive; they have nothing in common. God, as divine Principle, is timeless, and spiritual truths are always true and applicable.

Because God is infinite and eternal, man, as the image or reflection of God, cannot be bound by mortal time limits. Man can only experience the ceaselessly unfolding good of God's eternity.

A sundial, which measures time by the turning of a shadow, can record only the sunny hours. We, too, should count only our "sunny hours" as being real or true. In reality there is only Love's eternal noon pouring forth goodness on the spiritual creation.

Mankind need not wait for a millennium, or even a millisecond, to start proving the divine facts of being. That man coexists with God, eternal good, is true here and now, needing only to be understood and put into practice.

Many busy people have already discovered that making an opportunity to know God and learning to put Him first in their lives invariably result in sufficient time to do whatever needs to be done humanly. A better understanding of God as perfect Principle, or Mind, brings order and a sense of proper timing into our days. Mistakes are fewer, and less time is wasted in redoing work that has been done incorrectly. We find ourselves accomplishing more, with less feeling of hurry or pressure. There is no record of Christ Jesus ever being rushed or pressured as he went about his

Father's business, and yet think what he accomplished in his ministry of just three short years!

Active people are usually able to accomplish a great deal because they make better use of each moment. In a short article entitled "Improve Your Time" Mrs. Eddy, who discovered and founded Christian Science, writes: "Success in life depends upon persistent effort, upon the improvement of moments more than upon any other one thing. A great amount of time is consumed in talking nothing, doing nothing, and indecision as to what one should do. If one would be successful in the future, let him make the most of the present."<sup>3</sup>

The spiritual view of life as an unfolding of goodness rather than as a dependence on time can also be a blessing to those individuals who believe they have too much time on their hands. God has a definite plan and purpose for every one of His beloved children. Each of us is an integral and necessary part of the eternal now of Life's ever-new appearing. Man cannot become worn-out, useless, or bored.

The acceptance of these facts of divine Science replaces a feeling of apathy or uselessness with purposeful activity. Instead of a person spending his hours doing nothing, or perhaps passively watching television, he discovers new and constructive activities. Maybe a hidden talent or new skill can be developed. Or perhaps expanded opportunities will open up to serve one's fellowman—through volunteer efforts or church work, for instance.

Whether we seem to have too much time or not enough time, we can all make better use of it. We can examine each moment to see if it is being spent wisely, thereby contributing to our growth Godward. To imagine ourselves advancing spiritually as the days and years go by is not enough. The mere passing of time is no guarantee of spiritual progress. Elapsed time is not even a good indicator of distance traveled literally. If one were stranded in a heavy traffic jam, he might remain at a standstill for three hours or more. On the other hand, if one were in a space capsule, in three hours he could orbit the earth twice!

Likewise, to progress Spiritward it is important to lift thought above the bustle or boredom of material existence into the higher



altitudes of heaven, the realm of eternal Mind. There are no clocks or time limits, beginnings or endings, in this kingdom of heaven. In place of limitation and finite measurement is ever unfolding the timeless truth of being.

<sup>1</sup> II Pet. 3:8; <sup>2</sup> *Science and Health*, p. 584; <sup>3</sup> *Miscellaneous Writings*, p. 230.

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## Healing is seeing— spiritually

MARY MONA SEED FISHER

Healing means improved seeing! That's right, because healing is the illumination of the truth of man and the universe as Spirit, God, creates and knows them. In healing we're not changing anything real. We're simply *seeing* what is real—becoming conscious of it in a greater degree.

A great deal is said today about sight problems. Some people associate diminishing vision with increasing age. Others, who have worn glasses for years, expect continued deterioration. But regardless of the supposed cause, impaired sight is always a lie, because it is based on a false premise—the belief that there is life in matter. To correct this false concept we need to change our viewpoint, to look in the right direction—that is, we need to turn our gaze from matter to spiritual being. We then begin to see the illusiveness and unreality of physicality and the allness of God, good; and the result is healing. It's the same in all healing; in every instance we need to spiritualize our outlook, our vision.

The simplest statements of truth in Christian Science are profound. An understanding of them accompanies spiritualization of thought. For example, Christian Science teaches that God, good, is All. Imagine what that means to all of us! To glimpse even a fraction of this truth revolutionizes consciousness and

brings to light immeasurable blessings. If fully seen, it would forever eliminate all unhappiness, disease, lack, and sorrow. And yet how many times a day is our vision of God's allness obscured by the material view of life? It's obscured every time we see as real that in which God has no part—a difficult individual, ill health for ourselves or others, lack, national or individual disaster, or any other discord.

One might then ask what we're to do when these conditions enter our experience. Are we to pretend they don't exist? No. Christian Science teaches one to correct all difficulties through scientific prayer. Such prayer acknowledges spiritual truth and denies false, material concepts, and it enables us to see, or become conscious of, God's allness in place of the discordant situation. This seeing brings healing.

So it all gets back to sight, doesn't it? It's really our view of things we seek to change through prayer—and not people, physical conditions, or circumstances. To heal, we correct our thought by spiritualizing our vantage point.

It's interesting to note how many statements in *Science and Health* by Mrs. Eddy refer to sight either directly or indirectly. For example, we read on page 264, "As mortals gain more correct views of God and man, multitudinous objects of creation, which before were invisible, will become visible." And further along on the same page, "Matter disappears under the microscope of Spirit." So we see the importance of vision. Are we looking at matter, thinking it is real and trying to understand it? Or are we turning our gaze to the spiritual, to "more correct views of God and man"?

An experience I had illustrates the healing effect of looking away from illusory material conditions to spiritual realities.

My husband and I had moved to a new state where I was required to have an eye examination before my driver's license could be transferred. I had been told in the past that I should wear glasses, so I knew a healing was needed. I began with the first half of the definition of "eyes" in *Science and Health*: "Spiritual discernment,—not material but mental."<sup>1</sup> Using this definition as a basis, I prayed by affirming spiritual truths of God and man and denying material misconceptions.



When I took the eye test at the licensing bureau, I was told I had 20/50 vision and would have to wear glasses. Returning home, I at first felt discouraged. My metaphysical reasoning had been valid, but for some reason I had not been healed. Then the thought came to me: Well, so what! Getting glasses cannot change my sight; it is still spiritual, not material. And then came the angel thought that broke the mesmerism: Matter cannot affect me in any way—for better or for worse. Suddenly I felt relieved. I had lost sight of myself as a human being giving herself Christian Science treatment to heal poor eyesight and then checking to see if the healing had occurred. I realized that a material examination could not measure my true vision, which must always be perfect. I felt at peace.

The next day I was tested extensively by an optometrist, who was to fit me for glasses; but instead of prescribing glasses he said my vision was excellent! I returned to the licensing bureau the next day and was retested by the same examiner. He exclaimed: "You now have 20/20 vision. What happened?"

What happened was that I had looked away from matter to the extent that healing it was no longer my concern and had thereby found my spiritual selfhood intact, as it had always been.

Let's endeavor to keep our gaze on the spiritual, rather than on materiality's illusory difficulties. As we purify consciousness in this way, we'll reap the reward for purity Christ Jesus promised: "Blessed are the pure in heart: for they shall see God."<sup>2</sup>

In reality there is no mortality to see. All that really exists for us to behold is Spirit and Spirit's flawless creation. This is true for everyone, everywhere. And the acknowledgment of this fact, coupled with a disciplined thought that keeps its gaze on the spiritually good, heals every type of human discord!

<sup>1</sup> *Science and Health*, p. 586; <sup>2</sup> Matt. 5:8.



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# Irresistible versus immovable

BARBARA JUERGENS FOX

What would happen if an immovable object met an irresistible force? The general expectation is—an impasse.

But what would happen if the object were matter or mortal mind in any of its manifestations and the force happened to be the infinite power of divine Love, God?

Relying on Christian Science, many have proved that in the latter case the power of Spirit, Love, God, is indeed irresistible and can overcome any supposed opposition, regardless of how immovable it may appear to be. This Science, in harmony with the teachings of Christ Jesus, demonstrates that all power and reality are expressions of God, the only cause and creator, and hence there is in actuality nothing to resist the operation of God's law.

Christian Science maintains that one idea of God cannot oppose another, since the one infinite Mind creates everything that is real and holds all elements of this spiritual creation in perfect harmony. "All things work together for good to them that love God,"<sup>1</sup> as Paul puts it. Within this spiritual universe there is nothing to resist God's power.

In our human experience, however, we have not yet attained this state of absolute perfection; the human mind still retains unspiritual elements. What appears to resist the power of divine Love stems from the claim that there is life, substance, and intelligence apart from God. This claim is false, but it may persist in presenting itself until it is unmasked through an understanding of Christian Science and thrown out of court, so to speak.

Throughout the Bible there are references to the fact of God's all-power. One such statement in Psalms declares emphatically, "God hath spoken once; twice have I heard this; that power belongeth unto God."<sup>2</sup> The Bible also contains accounts of spiri-

tually-minded people who comprehended the omnipotence of God and were thus able to triumph over apparent material resistance. Walls came tumbling down, overwhelming enemy forces fled, willpower dissolved, illnesses of long standing were healed—immediately. These were all demonstrations—absolute truths made manifest in human terms. Mrs. Eddy spent a lifetime searching the Scriptures. She declared with conviction, “There is divine authority for believing in the superiority of spiritual power over material resistance.”<sup>3</sup>

Through Mrs. Eddy’s discovery men, women, and children everywhere have the means to overcome material resistance of every sort. They can prove that divine Love is ever present and is the only power and intelligence.

Resistance or immobility can take many forms: a force of nature, disease—often labeled “incurable”—or addiction to drugs. Any of these might seem to resist all attempts at healing. Resistance is sometimes also seen in mental attitudes—such as hatred, prejudice, intolerance, temper, selfishness. Each of us, at some time, has probably come up against some seemingly immovable aspect of matter or mortal mind (which are both phenomena of mortal belief).

But the wonderful, reassuring consolation is that none of these immovable, resisting beliefs have any reality to them at all, because none of them were created by God. So we needn’t despair, feel frightened, or give up when they appear. Assured of God’s all-presence and power, we see resistance disappear. In Christian Science this is not accomplished by praying for matter to move or change but by acknowledging the allness of Spirit, in which there is no matter, nothing to resist or be resisted.

Christ Jesus’ understanding that God is the only power and presence enabled him to be totally unimpressed by a storm at sea, and he “rebuked the wind and the raging of the water: and they ceased, and there was a calm.”<sup>4</sup>

What about an object that won’t move? Jesus told his disciples, “If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.”<sup>5</sup> We are included in this promise. Do we have that faith? Maybe it isn’t

necessary for us to move a mountain, but if we believe that God is the only power we will find harmonious activity taking place.

Divine Life is continually expressed in harmonious well-being. Man, God's reflection, can never be separated from the irresistible power of Life. Man is subject to that power and to nothing else. There is no reality or power in disease to announce itself, to attach itself to us, and then to refuse to let go. Drugs have no power to kill or to cure or to addict. Drugs have only the effect we assign to them. If we understand their powerlessness, this will be proved.

Seemingly most resistant of all are some mental states. People giving Christian Science treatment sometimes find their patients reluctant to abandon some long-cherished opinions and attitudes. Patients may be eager to have physical release, but not so eager to change their ways of thought and conduct. Then they are surprised when the physical healing is slow in coming.

In a healing context Mrs. Eddy uses the word "adamant": "In patient obedience to a patient God, let us labor to dissolve with the universal solvent of Love the adamant of error,—self-will, self-justification, and self-love,—which wars against spirituality and is the law of sin and death."<sup>6</sup> Love can dissolve all "self" traits because Love, God, has all power and, in reality, there is no mortal mind to resist it. We speed healing by detaching the resisting element from the patient. There can be no ungodlike element in God's beloved child, man. We see man free from resistance, as he truly is, and denounce and discard the resisting claimant.

So it is not an impossibility for what appears to be material immobility to be dissolved by irresistible spiritual forces. Jesus said, "Nothing shall be impossible unto you." The immovable object may be as small as a machine part or as large as an entire transportation system. But nothing is nothing, regardless of whether a zero is engraved on the head of a pin or painted in a circle around a football field. Perhaps it's easier to see the nothingness of a little obstruction. But there is no more reality in a big one. The irresistible force of Love, Mind, Life, Truth, Spirit, Soul, Principle, is the *only* power and presence.

<sup>1</sup> Rom. 8:28; <sup>2</sup> Ps. 62:11; <sup>3</sup> *Science and Health*, p. 134; <sup>4</sup> Luke 8:24; <sup>5</sup> Matt. 17:20; <sup>6</sup> *Science and Health*, p. 242.



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# One parentage

EVELYN LANGENKAMP

Recently I decided I needed to discover the truth of parenthood and give up the false suggestions that were clouding my thought. These, I knew, could only contribute to my difficulties—the kind of difficulties that confront many parents.

From my study of Christian Science I knew that in reality man is a spiritual individuality, a perfect, complete idea of God, without mortal origin. Mortal man is not a creator; only God is. Material birth, life, and death are human concepts. When we begin to give up these concepts and understand that God is the only Life, we will be less subject to error's limitations.

Christ Jesus gave us a clear directive when he made the statement, "Call no man your father upon the earth: for one is your Father, which is in heaven."<sup>1</sup> Speaking of modes of obstetrics, Mrs. Eddy writes in the Christian Science textbook, *Science and Health*, "Another change will come as to the nature and origin of man, and this revelation will destroy the *dream* of existence, reinstate reality, usher in Science and the glorious fact of creation, that both man and woman proceed from God and are His eternal children, belonging to no lesser parent."<sup>2</sup>

One day when I happened to be thinking about a particular little fellow, the idea came to me quite clearly: Why, his Parent is Mind, Spirit, Soul, Principle, Life, Truth, Love! These are the synonyms for God given on page 465 of the textbook. As I considered each of these terms for God, I realized how blessed all God's children are, for they all share the same parentage. Each one is formed by flawless Principle, fathered and mothered by tender, unchanging Love, guided and developed by absolute Truth, sustained and invigorated by everlasting Life, given the freedom of

unbounded Spirit, inspired by Soul itself, enlightened by the Mind that knows everything!

It is possible and necessary to give up wrong notions about parenthood. One does not have to cling to a falsity, even though it has been believed by many generations and has worldwide acceptance. The repeated misconception about creation has no more validity than the frequent recurrence of a particular night dream. The truths we glimpse when we are wide-awake to the spiritual nature of creation always have an ameliorative effect on the human scene. Making these truths our own greatly enriches our love and care for children. We can share the expectation of St. Paul, "The creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God,"<sup>3</sup> and begin right now to acknowledge and bear witness to true parenthood.

<sup>1</sup> Matt. 23:9; <sup>2</sup> *Science and Health*, p. 529; <sup>3</sup> Rom. 8:21.

### I pray

Not the mote in my brother's eye  
That I disapprove,  
But the beam in mine,  
Dear God, help me remove.

Not the distorted worldly view  
That seems to be,  
But Your likeness—the real and perfect man—  
Dear God, help me to see.

Not for the fleeting, temporal things  
That pass away,  
But for the everlasting, secret bounty  
In Your Word,  
Dear God, I pray.

DELLA SANFORD BECK

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“Man is . . . radiating spiritual vivacity and love”

# A definite, living presence

REGINALD EVELYN NICHOLLS

You and I can feel God's presence at every moment. We can be filled with joy at the thought that God is ever with us. Mrs. Eddy felt this joy. She declares: “To-day my soul can only sing and soar. An increasing sense of God's love, omnipresence, and omnipotence enfolds me. Each day I know Him nearer, love Him more, and humbly pray to serve Him better.”<sup>1</sup> Let us ask ourselves, Am *I* loving God more and praying to serve Him better every day?

Christ Jesus taught his disciples how God cares for the smallest things—the lilies of the field, the tiny birds in the air—as a father cares for his children. We gain a sense of peace and rest as we feel His guardian care and love. Can we possibly be lonely, fearful, or anxious when we are conscious of God at our side? To the Christian Scientist, God is not present as a corporeal person but as infinite Spirit, Truth, Love, good—as the Principle of the universe, including man.

Since God is omnipresent, we must acknowledge His omnipotence, for otherwise we admit the presence of another power besides the Almighty. As the Principle of the universe, God is the sole power governing and controlling every effect, maintaining His spiritual creation in perfect law and order. And “none can stay his hand.”<sup>2</sup> Thus we see the utter powerlessness, the absolute unreality, of any force of evil.

Moreover, omnipresence includes omniscience. God is the all-knowing. He is infinite intelligence. He constitutes all Science, or real knowledge. He is infinite Mind or consciousness, the only creator and source of life. He is indeed Life itself. Man is created in God's image and likeness, as His idea, reflecting this all-knowing Mind.



Because this omnipresent, omnipotent, omniscient Being, this Principle that is infinite Spirit, infinite good, is everywhere, we must admit that evil and matter are nowhere. This is fundamental to Christian Science teaching. What a mighty revelation this is! The seemingly powerful forces of matter and evil nothing! The Science of Life, Truth, and Love free of any law of matter to make man sick!

Every morning when we awake, it is helpful to fill our thought with God's omnipresence, omnipotence, omniscience, and endeavor to stay in this spiritually awakened state all the day. Then, what the day will bring forth is under God's control, and we can rejoice in the good that is in store for us.

And as we pray in this way each morning, we will be able to see more clearly the allness of Spirit if we deny what the material senses tell us. These senses, which have deceived people for so long, are pure illusion, mere myth.

This acknowledgment of the allness of Spirit and the unreality of matter with its evils underlies the Christian Science method of healing every kind of disease, discord, and sin. Material medicine, drugs, and willpower play no part. This Science recognizes as the only true man the man God created in His image, reflecting all His qualities, such as joy, health, strength, purity, goodness, love, perfection. It denies, as the product of erroneous material sense, all disease, weakness, hate, revenge, selfishness, and gloom. In this way these seeming evils are forced to disappear.

Mrs. Eddy writes: "Christian Science repudiates the evidences of the senses and rests upon the supremacy of God. Christian healing, established upon this Principle, vindicates the omnipotence of the Supreme Being by employing no other remedy than Truth, Life, and Love, understood, to heal all ills that flesh is heir to."<sup>3</sup>

Freedom from the use of pills, medicines, medical diagnoses, enables us to rely wholly on Truth. Let us recognize that as God's likeness we are perfect and complete in Him *now*. Just as the sun and its rays are one, so we are one with God as His idea, as an individual spiritual consciousness, and so are ever awake to His omnipresence.

Can there be pain or disease in this omnipresence? No, nothing

but health and happiness! Man can never lose his health, for God imparts it. Man is ever radiating spiritual vivacity and love. All seeming pain is silenced by the healing touch of the Christ, Truth, when we see that where the pain appears to be, there harmony reigns; that God's law of spiritual perfection is in action in every spot, at every moment. We do not have to change a discordant condition but need only to realize clearly the truth and truth's ever-operating healing power.

In Christian Science treatment, after first gaining a clear sense of God's allness, we are able to challenge the diseased condition. Denying reality to the condition, we fill our thought again with God and keep in that state of spiritual clarity until the error goes.

Sometimes we may need to learn a lesson in persistence. We may need to repeat this process many times, denying the material and persistently affirming that we are in God's presence, conscious of man's eternal, spiritual perfection and the omnipotence of Truth. Then we will be victorious!

Day by day, as we gradually awake to God's holy presence and realize unlimited good as the only outcome of divine Mind, we begin to perceive the utter unreality of matter and evil and so lose our fear of mortal discord, disease, and sin. Then we begin to really perceive man's *spiritual* nature and so are able to see him whole—see that he has always been so and always will be!

To hasten this awakening, we can work to preserve each day a lively, joyful sense of God's presence, doing everything to His glory. We can be hopeful and expectant, knowing this omnipresent, omnipotent, omniscient Principle, when recognized and obeyed, guides us all the way. Thereby we will receive God's blessing, as pronounced by the inspired messenger who gave us the last book of the Old Testament: "Unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall."<sup>4</sup>

<sup>1</sup> *The First Church of Christ, Scientist, and Miscellany*, p. 174; <sup>2</sup> Dan. 4:35; <sup>3</sup> *Christian Healing*, p. 15; <sup>4</sup> Mal. 4:2.

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"Perhaps there is a bit of the prodigal in . . . us"

# Stay in control with spiritual wisdom

ELIZABETH E. SWEDER

We can increasingly demonstrate God's control in our lives as we gain a better understanding of Him as Mind, the source of true wisdom and intelligence. God, divine Mind, controls the universe and man harmoniously. Mrs. Eddy writes, "Mind's control over the universe, including man, is no longer an open question, but is demonstrable Science."<sup>1</sup>

God-derived spiritual wisdom provides sound direction for decisions, activity, companionship—every facet of living. Armed with this wisdom, we are equipped to face any situation with confidence.

At times it may seem that our lives are out of control. If we feel we are victims of circumstances, or enslaved by uncontrollable eating, drinking, spending, or other compulsive behavior, we no doubt need to express more wisdom. Why drift along, willy-nilly, letting runaway appetites, other people, or external conditions govern or influence our lives?

Christian Science shows that wisdom is an attribute of Mind, God, and is therefore ever present. We can demonstrate its presence in consciousness and recognize it in others. What would prevent us from using our God-derived wisdom?

We can uncover negative suggestions, reverse each one, and thus daily enjoy more real freedom, harmony, and dominion. For instance, it's sometimes accepted that certain people are unwise. An individual who believes this lie about himself may go through life making impulsive blunders that threaten to bring financial ruin, wasted opportunity, troubled relationships, or other unhappy results. But one can reverse such a belief and resolve to start recognizing and exercising spiritual wisdom.

To do this, we may need to counteract impulsiveness by culti-



vating inner calmness, patience, and a listening attitude. Even though the urge to act on impulse may seem great, we can learn through spiritual intuition to discern between an impulse motivated by self-will or personal sense—which are phases of mortal mind—and the pure impulsion or direction of Spirit.

Before going ahead with any venture we can stop to question our motive and purpose. Are they self-serving or unselfish? Have we sincerely prayed for guidance? Is the prospective new endeavor an opportunity to express spiritual qualities and thereby glorify God, or would it only exalt matter and personality? Such prayerful questioning helps us find and follow a wise course of action.

The young man in Jesus' parable of the prodigal son probably thought that by taking possession of his inheritance prematurely he was expressing freedom and controlling his own life. In fact, wasn't he letting himself be controlled by greed, impatience, limitation, and self-will? <sup>2</sup>

Perhaps there is a bit of the prodigal in most of us. Immediate rewards, sense gratification, and personal pleasure may seem more appealing than patient working and waiting for long-range fulfillment. If we find ourselves faced with this kind of situation, we need to be alert to disengage ourselves from such errors as self-will, self-justification, and materiality.

Animal magnetism, or the belief in the downward pull of the carnal mind, would suggest its control to us by hinting that we'd rather have fun than be prudent. But let's refuse such self-defeating arguments. In reality, man is not self-serving or controlled by fear, emotion, or any phase of material personality. We always have a choice between good and evil. The Bible states, "He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?" <sup>3</sup>

Expressing wisdom is not a matter of age. Throughout his career Christ Jesus was preeminently wise. He was only twelve years old when he was found in the temple engaged in profound discussion with educated men. We read in Luke, "All that heard him were astonished at his understanding and answers." <sup>4</sup>

Jesus was in control of every situation and was not deceived by hypocrisy or by evil masquerading as good. Instead of a naïve trust in matter or personality, he expressed superb moral courage, spiritual intuition, and complete trust in God. He cautioned his disciples against the treachery of material-mindedness and warned them, "I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves."<sup>5</sup>

To respond as Jesus did when challenged by the aggressive attacks of materiality requires courage, self-discipline, and spiritual strength. We find we are able to demonstrate these qualities in our present experience in proportion to our willingness to obey God's law as revealed in the Bible. Thoughtful obedience to the Ten Commandments and the Sermon on the Mount gives one an inner calm and sense of control that can't be shaken.

Starting at the standpoint of perfection, recognizing that right now we already are wise and perfect spiritual ideas created by God, we can rely on spiritual wisdom to help us gain control over every claim of depravity and rightfully take command of our own experience. The wisdom that enables us to stay in control of our lives is spiritual discernment; this brings a clear insight into human situations and leads to right solutions. Our unity with God, Truth, gives us this perception. The spiritual fact is known to omniscient Truth. From Truth we reflect the ideas that heal whatever suggestions of error would seem to appear in our experience as problems.

Material, limited, human judgment can never substitute for the spiritual wisdom derived from prayer, nor can expressing true wisdom ever deprive us of anything good or necessary for our well-being. Rather, this expressing blesses us and those around us.

As we daily claim our unity with the one divine Mind, God, we grow in our ability to recognize and depend on true spiritual wisdom. With this recognition we can stay in control. We can find harmony, peace, and progress coming ever more clearly into view in our lives.

<sup>1</sup> *Science and Health*, p. 171; <sup>2</sup> See Luke 15:11-24; <sup>3</sup> Mic. 6:8; <sup>4</sup> Luke 2:47; <sup>5</sup> Matt. 10:16.

# There is always a cause for gratitude

MARIA-ROSE ARNOLD

On the way home from a Wednesday evening testimony meeting I thought back on the inspiring testimonies and quietly gave thanks for the glorious proofs of God's power and love expressed in them. I myself had not spoken that evening. Everything was going well for me; there were no problems in regard to health or human relationships. So what could I have said, what could I have given special thanks for?

Wait—I wasn't satisfied with this excuse. I pursued the point until I could see that it was simply impossible for me to be without a cause for gratitude, even for a day. Right when everything is going smoothly we can be thankful that mishaps have never happened—in the allness of God, they are unreal and untrue.

When we strive increasingly to express Truth and Love as we learn them in Christian Science, when we lift our consciousness more and more to the divine reality, then we see more and more evidence of the divine power operating quietly and irresistibly in us and transforming us to a "renewing of [our] mind, that [we] may prove what is that good, and acceptable, and perfect, will of God."<sup>1</sup> We notice that our approach has changed when, in the face of bad news or distressing circumstances, we know where to find the solution. We are not seized with fear and dread, but our hearts fill with compassionate love for our neighbors and supporting thoughts for those in need. We find ways to support, assist, and help carry the burden in practical, effective ways dictated by wisdom and generosity, and always as a result of prayer. That is really a contribution to the deliverance and liberation of all people from the dangers to which they feel exposed—an indirect contribution to world peace.

Every Sunday at the conclusion of the service in a Church of



Christ, Scientist, we hear the words from I John, "Therefore the world knoweth us not, because it knew him not."<sup>2</sup> Let us be grateful for the blessing that lies in the fact that the "world" does not know us or find us, that we can feel hidden in the light and the power of God, Love.

We need to be in a state of standby alert, always aware of Truth and Love, the power of God, surrounding and sustaining us. Then we are able to completely exterminate the lie. We know that what we study are not magic formulas. It is not words read or learned by heart that protect and heal, but the inwardly understood spiritual meaning we have made our own. God is Mind, all-knowing. He is also our Mind, the source of our knowing. All that we can know is, therefore, the reflection of what God knows. Thus, there can be no fear and no doubt that we can at all times and in every situation know how to silence lying suggestions and assert our freedom.

Christ Jesus, our Way-shower, knew himself to be at one with all power, all Love, all Life. He knew himself to be allied with God, who fills all space and is all power. Jesus is our model. If we want to make our lives harmonious, if we yearn to heal ourselves and others, we should follow his example precisely and work as he did. Jesus' starting point was always God. Let us deepen and purify our thoughts, our knowledge of God; then we will be led from this right beginning step by step in the right direction—to the solution of all questions, to the harmony of Life.

In the Christian Science textbook, *Science and Health*, Mrs. Eddy asks, "Is there more than one God or Principle?" Her answer reads in part: "There is not. Principle and its idea is one, and this one is God, omnipotent, omniscient, and omnipresent Being, and His reflection is man and the universe."<sup>3</sup> Here we have a firm basis for our work: God, the One, has created all; thus everything in His creation reflects His being, His character. Where, then, can there be a danger that would arbitrarily threaten us or others? Can there be a power that exists *outside* creation, the creation made by the one God, who called it "very good"?<sup>4</sup>

When we proceed from the account of creation in the first chapter of Genesis and from the words of Mrs. Eddy quoted above, all thoughts logically lead to the recognition that nothing

evil can really exist. We are not like soldiers in a besieged fortress, crowded into a narrow space. There is no "outside," for what can there be besides All—besides God? The textbook contains the following fundamental statement: "The nothingness of nothing is plain; but we need to understand that error *is* nothing, and that its nothingness is not saved, but must be demonstrated in order to prove the somethingness—yea, the allness—of Truth."<sup>5</sup>

We must realize that Truth, Life, Love, *is*, and that it is not up to us to make Life living, Truth true, or Love loving. Our prayers are not a laborious rectifying of a world fallen to pieces (how, indeed, would we have the strength to do that?) but the restful recognition of the greatness, might, and goodness of the Father, who has created the universe and who surely can and does guide and maintain this creation of His today, as at all times.

When we recognize this, we no longer feel like swimmers having to make their way against the current. Instead, we are buoyed up by the infinite current of divine Love, which supports us. We calmly face erroneous beliefs that seem to threaten, and they disappear.

We can be grateful for the privilege of giving thanks daily that everything hostile is *nothing*. The only power that such erroneous beliefs can wield is what we give them when we accord power to them by showing them acceptance, fear, or respect. Joyfully and confidently we can give thanks for the great truth that God is All and everything besides Him and His ideas is nothing.

<sup>1</sup> Rom. 12:2; <sup>2</sup> I John 3:1; <sup>3</sup> *Science and Health*, pp. 465-466; <sup>4</sup> Gen. 1:31; <sup>5</sup> *Science and Health*, p. 346.



# The same old me?

ALICE AMYX HUGO

Do you ever get tired of the same old things? Like the same bunch hanging around after school every day? Or do you feel you have to have something new? A new dress or T-shirt?

Sometimes when you get something new it gives you a lift for a day or two. Then suddenly you might think, How did that help? I'm the same old me again.

This "old me" has to be put off before you can make fresh discoveries about your only real self. The Bible urges us to "put on



the new man, which after God is created in righteousness and true holiness.”<sup>1</sup>

The new man, you’ll find out, is the true man, your spiritual selfhood. It’s the image and expression of God because He made you.

It’s this spiritual selfhood that Christ Jesus referred to when he told Nicodemus that he must be born again. That must have sounded like a big order for Nicodemus. He didn’t see how, from a biological sense, an old person could go back through the same material conditions and be born again.

But Jesus explained, “That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again.”<sup>2</sup>

The flesh, or matter, isn’t your actual substance. You are born again when you begin to rid yourself of every limiting, material belief that contradicts God, good. In this way you begin to understand the real, spiritual you, His expression.

As you study your true being in divine Science, you’ll make marvelous discoveries about yourself as a child of divine Love. Love shines and glows. It never dulls. So your life will take on more sparkle, and you’ll bring light into other people’s lives.

Mrs. Eddy, the Discoverer and Founder of Christian Science, writes, “Let us feel the divine energy of Spirit, bringing us into newness of life and recognizing no mortal nor material power as able to destroy.”<sup>3</sup>

With this spiritual perspective of yourself and your friends you’ll see each one is an individual spiritual being with a unique purpose to glorify God, divine Love. You’ll begin to learn that it’s not new friends or new clothes that make you happy, although you’ll be supplied with these as you need them. The spiritual ideas that unfold to you from the source of your being, divine Love, bring a happiness that grows and blesses others besides yourself.

As you learn the spiritual facts about yourself as a child of God, you won’t think of yourself as “the same old me.” You’ll see the “new me” every day.

<sup>1</sup> Eph. 4:24; <sup>2</sup> John 3:6, 7; <sup>3</sup> *Science and Health*, p. 249.

# Editorials



GEOFFREY J. BARRATT  
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NAOMI PRICE  
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## Raising the quality of life

(See current series in *The Christian Science Monitor*.)

Issues relating to our quality of life are being ventilated more than ever. "The 'quality of life' is a mouthfilling phrase," I read recently, "but at its very heart it concerns not the price of men and women, but their value; men should be weighed, and not counted. It is a dreadful thing that the phrase 'standards of living' refers *only* to the loot."<sup>1</sup>

The effective way to bring about the needed improvement in the quality of life is not simply to improve the quantity of goods available, or the quantity of government regulation of the behavior of industries, individuals, or society. It is to improve the quality of thought. It's only when this is being done that the most useful and necessary goods are produced and the most effective and constructive laws enacted.

What is high-quality thought? It is thought based on the realization that God is the only Life, that God is supreme, unique, peerless, perfect, All. Only by understanding what life essentially is—the expression and activity of divine Life—do we put down a stable, reliable foundation for supporting efforts to improve the lot of human beings. The standard view of life is that it has a beginning and end, that it is found in matter, that it can include limitation and misery. In Christian Science, man as the very expression of divine Life is governed only by Life and serves the purpose of Life to express itself.

Because Life's laws are universal, everyone has equal access to them. And no individual application of them can be detrimental to another's application of them. Real being is whole, never fragmented. The ideas and actions of divine Life are eternally coordi-

nated and concordant. They are cohesive. Man and the universe are the outcome of supreme, incorporeal Life and are never in conflict. That "the living God" is the source of illimitable good—is illimitable good—is a continuing thread, woven through the Bible. This truth is being evidenced, in some degree, as it's being more generally admitted that "goods" is not the same as "good."

A multiplication of possessions is not to be equated with an extension of joy and satisfaction. These derive from divine Life, can only be found in Life, and a seeking of them in matter must end in disillusionment. We will more fruitfully direct our efforts to improve humans and their lot by bettering our apprehension of divine Life and its idea. Life, Mind, is self-expressing and omniactive. There are no limits to the "growth"—that is, to the unfoldment—of divine Life. It is perfect in quality, infinite in quantity. "Either Mind produces, or it is produced," Mary Baker Eddy says in *Science and Health with Key to the Scriptures*. "If Mind is first, it cannot produce its opposite in quality and quantity, called matter."<sup>2</sup> The current turning away from material quantity and the expanding awareness of the importance of higher quality are moves in the right direction.

A popular book, calling for a medium technology, is titled *Small Is Beautiful*.<sup>3</sup> Regardless of the social and economic arguments for or against this concept as an enhancer of life, the viewpoint of Christian Science is that the spiritually infinite is vastly more beautiful than the materially small or large, whatever its shape or form. No reordering or restructuring of material living—no matter how compassionately or cleverly or generally applied—can ever equal the replacing of our sense of life as material and confined in matter with the spiritual conviction that Life is God, and that Life's allness excludes matter as reality.

A question needing much wider attention is, How does man, God's divine idea, relate to God? This demands the focus of our concern much more than the question, How do mankind relate to their natural environment? To the extent that the former question transcends the latter, and mankind come to know man's all-spiritual being and his unity with God, will the quality of living improve. When we place our reasoning on a spiritual footing, we can help improve life far beyond the most extravagant conceptions based only on material possibilities.

Regardless of our present way of life, our present situation, or the condition of our environment, we can improve our standard of *thought* right now. Thus we'll raise our standard of living in a very significant spiritual sense. Through understanding the Science of Christ we can gain a steady view of divine Life as the only Life. This will open out and purify our human experience—and contribute much to the improvement of all mankind.

We can't undertake this challenge glibly or superficially. It calls for a continuing conviction that we eternally live in divine Life, as Life's idea. A sense of real Life that alternately surfaces and dips in our consciousness, like a porpoise, is of little value. But the possibilities of a consistent acknowledgment of the nature of real Life, God, and His idea—man and the universe—are not only enormous: they are unlimited.

GEOFFREY J. BARRATT

<sup>1</sup> Fred Inglis in *New Statesman*, August 19, 1977, p. 230; <sup>2</sup> *Science and Health*, p. 551; <sup>3</sup> See E. F. Schumacher, *Small Is Beautiful* (New York: Harper & Row, Publishers, 1974).

“Come, . . .

. . . let us walk together in fulfilling the destiny of Christian Science.” This invitation perpetually goes out from The Mother Church to all in the world who have discerned, even in small degree, the true nature of the universe and man as spiritual, made in God's likeness, eternally governed by the divine law of harmony.

But the call is especially directed at this time to those who, by becoming members of the Church of Christ, Scientist, have committed themselves to live in accord with God's law and to do their part in helping to establish His reign of harmony on earth. It is the keynote of the next Annual Meeting of The Mother Church, which will take place in Boston on Monday afternoon, June 5, with a related session on Tuesday morning, June 6.

“Come . . .” This invitation is also the keynote of the special





International Youth Meeting of Christian Scientists that will be held in conjunction with the Annual Meeting, starting the evening of June 5 and continuing Tuesday afternoon and all day Wednesday, June 7.

Members of The Mother Church of every age and language are invited to participate in all the sessions of both these meetings during the three days in June. There are no age barriers or distinctions. The many young people who have just taken the step of becoming members at the age of twelve or more are urged just as warmly to attend both meetings as are those whose names have been on the membership roll for half a century or more. All members are equal and at one in the purpose of discerning and upholding the God-inspired mission of Christian Science to preach the gospel of the Christ, Truth, in the modern world. All are vitally important in bringing about the fulfillment of its destiny as prophesied by Christ Jesus, redeeming mankind from sin, disease, and death. All members value each other's achievements in the joint effort to continue Jesus' work of spiritualizing world thought, thereby helping humanity to rise above physical sense.

The early Christians owed much of their assurance in carrying on their Master's mission after his ascension to their discernment of his place in prophecy. It was revealed to them that he was the promised Messiah, whose purpose it was "to proclaim liberty to the captives, and the opening of the prison to them that are bound."<sup>1</sup> They knew this work was God's work and must continue.

The Bible tells us that after the crucifixion, as Cleopas and another early Christian walked together to Emmaus, "they communed together and reasoned." Their subject of concern was the same one that must have absorbed the thought of most of the inhabitants of Jerusalem on that day—the terrible happenings at Calvary. Then, unrecognized, Jesus joined the couple, and as he walked with them he, too, talked. But he did not dwell on the crucifixion. He chided them on their lack of vision, and "beginning at Moses and all the prophets,"<sup>2</sup> he expounded the biblical prophecies of the coming of the Christ, showing how inevitable it was that he should be persecuted before being glorified. What a history lesson!

In this way he answered the travelers' questions, calmed their

apprehensions, and opened their eyes to understand the deeper significance of recent events. Then their hearts burned within them. Here, instead of tragedy, was the fulfillment of prophecy and there would be sure to follow further unfoldment of Christly understanding through the Comforter. Jesus himself had foretold this.

With similar prophetic vision Mrs. Eddy sets the destiny of Christian Science in the context of the entire history of the unfoldment of the Christ, Truth, to the world. She writes, "Christ's Christianity is the chain of scientific being reappearing in all ages, maintaining its obvious correspondence with the Scriptures and uniting all periods in the design of God." And she continues farther on: "Our Master said, 'But the Comforter . . . shall teach you all things.' When the Science of Christianity appears, it will lead you into all truth."<sup>3</sup>

The book of Revelation presents the prophetic vision of the reappearing of the Christ in the form of the Science of Christ. The Revelator depicts this idea as the birth of "a man child, who was to rule all nations with a rod of iron."<sup>4</sup> And in explanation of this event Mrs. Eddy says, "The impersonation of the spiritual idea had a brief history in the earthly life of our Master; but 'of his kingdom there shall be no end,' for Christ, God's idea, will eventually rule all nations and peoples—imperatively, absolutely, finally—with divine Science."<sup>5</sup>

This is the destiny of Christian Science: not only to usher posterity into the millennial state of spiritual understanding where the entire race is seen to be governed by God's law of peace and harmony, but to demonstrate the purely spiritual nature of real being. The millennium will not be brought in without a struggle on the part of those who discern God's law in operation. But it must and will come, and Christian Scientists of today have the rewarding task of aiding its establishment through their fidelity to Truth as revealed in *Science and Health*.

The destiny of Christian Science is to triumph over all evil. Christian Scientists are challenged to fulfill this mission. Come, let us walk together and hasten the day of victory.

NAOMI PRICE

<sup>1</sup> Isa. 61:1; <sup>2</sup> Luke 24:15, 27; <sup>3</sup> *Science and Health*, p. 271; <sup>4</sup> Rev. 12:5; <sup>5</sup> *Science and Health*, p. 565.



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## Testimonies of Christian Science Healing

When our only child was just two weeks old, it became apparent that he could not retain any milk. Our doctor could not determine what was troubling the baby, who was hungry and cried all the time. Although I tried goats' milk and many other things, nothing helped. We then called in a pediatrician, who examined the baby and found that he had an obstruction in his stomach, which prevented him from retaining milk or other food. The doctor said that the baby was too weak to be operated on, and there was no chance he could live. A second pediatrician gave us the same verdict.

We were shocked at the tragic news; but then I remembered that my sister was interested in Christian Science, and I had heard her say that God heals. I telephoned her and asked if she thought the baby could be healed in Christian Science, and she said, "I am sure he can." She gave me the name of a Christian Science practitioner, and I called him. He said, "It is Wednesday evening and I usually go to church, but if it is urgent, I will come right over." I told him that it was most urgent. When he arrived, the baby was crying so loudly that we could not talk. The practitioner agreed to take the case, and he told me to know that God, Life, not food, was the source of my son's strength. That night, for the first time in weeks, the baby, my husband, and I all slept.

As the practitioner continued his prayerful work, the baby began to retain his food. His abnormal crying ceased and he stead-

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The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society. —THE EDITORS.



ily gained weight. At the age of three months he was perfectly well. My husband and I, having witnessed this marvelous proof of God's healing power, then became interested in Christian Science. It was not long before we were church members. Our son has been a lifelong student of Christian Science, and we now have four fine grandchildren, all raised in Christian Science. How grateful I am to God for His revelation to Mary Baker Eddy of this wonderful healing religion.

(Mrs.) ETHEL S. TRUEMAN  
Claremont, California

I am the son mentioned in this testimony. Through many years Christian Science has provided countless blessings for me and my family. I am most grateful for divine direction and sustenance through reliance on God, as we are taught by Christ Jesus and his follower, Mrs. Eddy.

RICHARD E. TRUEMAN  
Woodland Hills, California



During and after my late teens I suffered for thirty years with what the doctor called muscular rheumatism. I was given pills and ointment, which helped for a time, but the trouble always returned. I was having difficulty again and couldn't lift my arm at all without pain, when I attended my first service in a branch Church of Christ, Scientist. I felt very uplifted and comforted by the service, and the following Wednesday I attended the testimony meeting. What I heard at this meeting made me feel I could be healed by Christian Science, so after the meeting I bought a copy of *Science and Health with Key to the Scriptures* by Mary Baker Eddy and started to read it.

I didn't understand much of what I read but kept on reading until a week later, as I was walking down the stairs, I happened to lift my arm and, to my amazement, I could put it right over my head! I felt such joy as I literally ran the rest of the way down-

stairs, shouting to my husband and mother, "I can move my arm without pain. I've been healed just by reading *Science and Health!*" This healing has been permanent, and today I can even paint the walls and ceilings of my house and do anything that needs to be done, with no trouble.

My second healing in Science came after I had been attending a branch church for twelve months. I had not been well and had been having severe pains and bouts of sickness. While on holiday in Scotland I became so ill that I only longed to be home. How I made the journey by bus to Manchester I will never know. I just kept knowing, "I am God's perfect child. He will help me," as I sat huddled up in my seat. On arrival home I went straight to bed.

During bouts of pain and sickness two Bible passages kept coming to me: "In him we live, and move, and have our being" (Acts 17:28) and "Thy faith hath made thee whole" (Matt. 9:22). With these thoughts uppermost, I continued to pray. I just knew God would heal me. I also worked constantly with "the scientific statement of being" from *Science and Health* (see p. 468).

It was not a quick healing, but one day I noticed some small stones had passed from my body. This happened a few times, and that was the beginning of my healing. My complexion had turned an abnormal color, but this soon cleared up. This healing occurred over eleven years ago, and since then I have been fine.

My husband, son, and daughter were not Scientists—only my mother was a student—but they were very good in supporting me. They knew I wanted to work this out in Christian Science, although I wasn't yet a member of the church. How true it is that our faith can make us whole. You don't have to study Science for years to be healed. Trust in God and sincere prayer lead to understanding.

After these healings I joined The Mother Church and a branch church and have had the joy of class instruction with a dedicated teacher. My gratitude knows no bounds, and I hope these two healings can help anyone reading about Science for the first time and show them that Christian Science does heal.

(Mrs.) MARGARET WILLIAMS  
Manchester, England

I have read the testimonies in the Christian Science periodicals for a number of years and have received great help and comfort from them. I now feel that it is time for me to add my written testimony, with the thought that perhaps others may be helped as I have been.

When I first was introduced to Christian Science, I was not seeking physical healing but a clearer understanding of God and my relationship to Him. I knew as soon as I started reading *Science and Health* by Mrs. Eddy that I had, indeed, found the key to the treasure. I also knew that I wanted to formally join the church and participate in its activities. Because I was addicted to the use of cigarettes, I was not able to apply for church membership.

In my earnest desire for church membership, I struggled for nearly a year to overcome the smoking habit, to no avail. Firm and forceful willpower accomplished nothing. I applied what I thought I understood of Christian Science, but without success.

At that time the announcement had been read at church of the closing date for the next admission of members. The following Saturday I was alone at home, studying the Bible Lesson in the *Christian Science Quarterly* while smoking a cigarette. I realized the apparent anomaly of the situation in view of my yearning for church membership. I stopped where I was. I looked at the lit cigarette in my hand and asked aloud, "What power does this thing have that prevents me from establishing my freedom from it?" Immediately the answer came as clearly as though someone had spoken to me: It has absolutely no power except the power you give it by making it seem to be a reality that you must fight against. It had no power! I extinguished the cigarette in my hand; I threw away the half a pack in my pocket; and I asked for a membership application the next day, Sunday. I have not had a smoke or even had a desire to smoke since that day. There was no progressive withdrawal. I was instantly healed. This healing occurred over twenty-five years ago.

As grateful as I am for that healing, I am even more grateful for the message that triggered the healing: It (error) has no power but the power you give it by fighting against it. That message has

returned frequently at times of need when other discordant conditions seemed to be persistent. Each time that truth was realized, the discordant condition dissolved. Mrs. Eddy says (*Science and Health*, p. 224): "No power can withstand divine Love. What is this supposed power, which opposes itself to God?" Then again she says (*ibid.*, p. 228): "There is no power apart from God. Omnipotence has all-power, and to acknowledge any other power is to dishonor God."

Needless to say, I am very grateful for the healing, especially for the many opportunities for spiritual growth that have followed. I have enjoyed membership in branch churches and The Mother Church, and I have enjoyed serving in many branch church activities, including those of First Reader, president, member of the executive board, Sunday School teacher and superintendent, and extensive committee work. I have also had class instruction. Individually and collectively these activities have not only provided the opportunity for spiritual growth but have effected the demand for such growth. This Science has, indeed, provided the answer to my quest for a clearer understanding of God and my relationship to Him.

LOCKWOOD D. BURTON  
Dresher, Pennsylvania



"To those leaning on the sustaining infinite, to-day is big with blessings." This opening statement from the Preface of *Science and Health* by Mrs. Eddy is the reason for the hope that is in me. I've been a student of Christian Science for what may be considered a long period of years, and I have had full evidence of God's presence and power in my life.

A recent experience served to show me the need for constant alertness. Several months ago my mouth became painful. A dentist said it was badly infected. The condition became worse. The dentist said that if it didn't get better, he would give me medical treatment. I said, "I can't accept that because it's not in keeping with my religion." He knew I was a Christian Scientist, and I



explained that I was going to heal myself through prayer. He was very kind, and I thanked him for his understanding.

I then set out to solve the problem by applying the teachings of Christian Science. I studied and prayed to purify my thought, to see myself as I really was—God’s perfect child. The next morning I awakened healed. It was a miracle of God’s grace. When I was having my teeth cleaned several weeks later, the dentist corroborated my healing. What gives me particular joy is the fact that I was my own Christian Science practitioner.

This leads me to express my gratitude for the Christian Science practitioner who has encouraged me to do my own prayerful work. Several years ago, when I was suffering acutely from apparent arthritis, I phoned her for help. She recommended that I watch a tendency to be critical of others. I asked if I seemed unduly critical, and she replied, “We all are at times.” I accepted this and went to work, striving to cleanse my consciousness of this ugly characteristic, studying everything Mrs. Eddy has written on the subject, and finding excellent articles in the Christian Science periodicals. It was two weeks later that I realized I was experiencing no pain, that I was free of the diseased condition.

Both of these healings have made me very conscious of my thinking, striving to keep my thought spiritualized and to love my neighbor, my fellowman—to see him as the reflection of God, and myself as well. It is beautiful to arrive at the mountaintop and to realize that you don’t have to struggle, you only have to know. To my sense, the demonstration comes when one has yielded and the struggle ceases—one *knows* that God is Love.

When I came to the study of Christian Science, I didn’t look for physical healing; I wanted to know “why?” A series of hard blows had befallen my family individually and collectively, all within a few months. When I examined *Science and Health*, I thought if I could only understand it, it would give me the answer. But I found it well nigh impossible to accept the definition of God as Love. Through proof, marvelous proof, I learned it is true. God is Love, always present, our beloved Father-Mother God.

I am grateful for the opportunity to thus express my humble

wonder that I have been found acceptable for membership in The Mother Church and a branch church and have had the joy of class instruction. Christian Science has enabled me to have a happy marriage, harmonious family relationships, and sufficient occupation. "This is the day which the Lord hath made; we will rejoice and be glad in it" (Ps. 118:24).

(Mrs.) FANTINE GROSSMAN  
Cleveland, Ohio



When I was very new in the study of Christian Science, living in a small town where I did not know other Christian Scientists, I became ill. I needed to be lifted into bed, and I could not help myself. My husband, who was not a student of this Science, called a doctor, who examined me. The doctor said the condition was caused by lack of calcium, and he left a prescription for pills, saying I would need to take them the rest of my life. I don't recall that I took any of them. I had learned enough from my study of Christian Science to know that taking medication is not in accordance with its teachings. I threw the pills away, wishing to rely completely on God, Spirit, for my healing. I was healed, and I have not had a return of that condition.

I feel this healing came about through my desire to be obedient to the teachings set forth in *Science and Health* by Mrs. Eddy. In the chapter "Prayer" we read (p. 1), "Desire is prayer; and no loss can occur from trusting God with our desires, that they may be moulded and exalted before they take form in words and in deeds."

Another healing I had was of a growth on my forehead at the hairline. One day while combing my hair the appearance of the growth frightened me, so I called a Christian Science practitioner for treatment. We prayed, desiring to see the nothingness of the material growth, as all true growth is spiritual. Each time I washed my face or combed my hair I declared I was really God's child, spiritually created, without spot or blemish. In Job we read (11:15): "For then shalt thou lift up thy face without spot; yea, thou shalt be stedfast, and shalt not fear." A few weeks later the

growth dropped away naturally, leaving my face free and clear as before, and I rejoiced in this healing.

At one time I required special care and was taken to a nursing home for Christian Scientists. My condition did not seem to be improving. There was pain and overactivity of certain bodily functions. I had difficulty eating and sleeping. The Christian Science practitioner who was treating me through prayer told me to yield completely to God's care. I turned thought to God many times, striving for spiritual understanding of His healing law of good. I often pondered this passage in *Science and Health* (p. 304): "This is the doctrine of Christian Science: that divine Love cannot be deprived of its manifestation, or object; that joy cannot be turned into sorrow, for sorrow is not the master of joy; that good can never produce evil; that matter can never produce mind nor life result in death." I also found Hymn No. 317 in the *Christian Science Hymnal* inspiring and helpful.

I improved enough to be able to go to the home of relatives, where I was treated with consideration and love. My days were spent studying the Bible Lesson in the *Christian Science Quarterly* and Mrs. Eddy's writings. I gained a clear understanding of my true being as God's child and of my right place in His plan. I felt there was fruitful work awaiting me in my profession as a graduate Christian Science nurse. So I journeyed alone to an assignment in another state where all arrangements were made quickly and harmoniously. I joined a branch church and found many warm friendships. I am unspeakably grateful for all the love and care I received at this time and for the spiritual progress that brought my complete healing.

My gratitude is great for Christ Jesus, our Way-shower, and for Mrs. Eddy; for the untiring, steadfast stand for Truth of the practitioners who have helped me; for membership in The Mother Church; and for class instruction and the yearly association meeting.

(Mrs.) MARZEE L. RITCHIE  
Dallas, Texas

# Christian Science Lectures



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures. Details should be obtained locally.

## ENGLAND

**AVON—Bristol** (Second): Conference Room, Council House, College Green, 7.30 p.m., Fri., Mar. 3. "The Spiritual Viewpoint" (Correll)

**KENT—Tunbridge Wells:** Spa Hotel, Mount Ephraim, 3 p.m., Sat., Mar. 4.‡ "There's Only One Real Ego" (Correll)

**LONDON—London** (Thirteenth): Church, 42 Harrington Rd., South Kensington, S.W., 8 p.m., Thurs., Mar. 2. "There's Only One Real Ego" (Correll)

## SCOTLAND

**LOTHIAN—Edinburgh** (Second): See local notice for place. 3 p.m., Sat., Feb. 18. "A New View of Prophecy" (Thorneloe)

## DENMARK

**Copenhagen:** Bersens Festsal, 8.30 p.m., Tues., Feb. 21. In English. Danish translation 7.15 p.m. "Get Your Life in Balance" (Driver)

## FEDERAL REPUBLIC OF GERMANY

**Bonn:** Theatersaal, Universität, Am Hof, 8 p.m., Tues., Feb. 28. In German. "Spirit Replaces the Myth of Matter" (Gladhorn)

**Essen:** Vortragssaal, Folkwang-Museums, 64 Bismarckstr., 5 p.m., Sat., Mar. 4.‡ In German. "Spirit Replaces the Myth of Matter" (Gladhorn)

**Kassel:** Ständesaal, 8 Ständepplatz, 4 p.m., Sun., Feb. 26. In German. "Spirit Replaces the Myth of Matter" (Gladhorn)

## NETHERLANDS

**Amsterdam:** Church, 32 Richard Wagnerstr., 8.45 p.m., Fri., Mar. 3.‡ In English. Dutch translation 7.30 p.m. "A New View of Prophecy" (Thorneloe)

## REPUBLIC OF SOUTH AFRICA

**CAPE PROVINCE—Grahamstown:** Church, 2a African St., 3 p.m., Sun., Mar. 12. "Let's Choose Heaven Here" (Curtis)

**Port Elizabeth:** Walmer Library Hall, Main St., Walmer, 8 p.m., Fri., Mar. 10.‡ "The Science of God's Law" (Curtis)

**NATAL—Kloof:** Kloof Town Hall, Old Main Rd., 8 p.m., Tues., Mar. 28.‡ "Loving to Live" (Curtis)

**ORANGE FREE STATE—Bloemfontein:** Church, First and Selborne Aves., 3 p.m., Sun., Feb. 19. "Loving to Live" (Curtis)

## AUSTRALIA

**NEW SOUTH WALES—Hornsby:** Memorial Hall, 2 High St., 8 p.m., Fri., Mar. 17. "Who's at the Top of Your Pyramid?" (Rivas)

**TASMANIA—Rosny** (First, Hobart): Rosny College, Bastick St., 8 p.m., Thurs., Mar. 30. "Are You Looking in the Right Direction?" (Rivas)

## VIRGIN ISLANDS

**St. Croix:** Lutheran Parish Hall, 5 p.m., Sun., Feb. 5. "The Search for Life" (McGrew)

## UNITED STATES

(Week of January 15 to 21, and an earlier date)

**CALIFORNIA—Bellflower:** Church, 9740 Park St., 8 p.m., Tues., Jan. 17.‡ "A New Beginning" (Jenks)



**CALIFORNIA** (continued)

**Compton:** Foundation Hall, 440 S. Santa Fe, 3 p.m., Sun., Jan. 15. "Something to Depend On" (Jenks)

**Fullerton:** Church, 1300 N. Raymond Ave., 8 p.m., Mon., Jan. 16. ‡ "The Language of Soul" (Clarke)

**Los Altos:** Church, 401 University Ave., 8 p.m., Fri., Jan. 20. ‡ "Go Forth in Safety" (Driver)

**Los Angeles** (Fifth): Church, 7107 Hollywood Blvd., 3 p.m., Sat., Jan. 21. ‡ "There's Only One Real Ego" (Correll)

**Los Angeles** (Fourteenth): Pickwood Theatre, 10872 W. Pico Blvd., W. Los Angeles, 12 m., Thurs., Jan. 19. ‡ "The Language of Soul" (Clarke)

**Oakland** (Third): Church, 1642 Fruitvale Ave., 2 p.m., Sat., Jan. 21. ‡ "Go Forth in Safety" (Driver)

**Palm Desert:** Palms to Pines Theatre, 72-745 Hwy. 111, 12 m., Thurs., Jan. 19. ‡ "Something to Depend On" (Jenks)

**Pasadena** (First): Church, 80 S. Oakland Ave. and Green St., 11 a.m., Sat., Jan. 21. ‡ "There's Only One Real Ego" (Correll)

**San Francisco** (Ninth): Church, 175 Junipero Serra Blvd., 8 p.m., Tues., Jan. 17. ‡ "Go Forth in Safety" (Driver)

**San Luis Obispo** (joint lecture): Cuesta College Auditorium, Hwy. 1, 2 p.m., Sat., Jan. 21. ‡ "The Language of Soul" (Clarke)

**San Mateo** (Second): Church, 309 W. 37th Ave., 8 p.m., Thurs., Jan. 19. ‡ "Get Your Life in Balance" (Driver)

**Studio City** (Thirty-sixth, Los Angeles): Church, 4032 Whitsett Ave., 8 p.m., Mon., Jan. 16. ‡ "A New Beginning" (Jenks)

**Twentynine Palms:** Community Hall, Little Church of the Desert, 6079 Adobe Rd., nr. El Paso Dr. and Ocotilla Ave., 3 p.m., Sun., Jan. 15. ‡ "The Language of Soul" (Clarke)

**CONNECTICUT—Hartford** (Second): Church, 129 Lafayette St., 8 p.m., Fri., Jan. 20. ‡ "Are You Looking in the Right Direction?" (Rivas)

**DISTRICT OF COLUMBIA—Washington**

(First): Church, 1770 Euclid St., N.W., nr. 18th St. and Columbia Rd., 3 p.m., Sun., Jan. 15. ‡ "Diana or Christ?" (Aghamalian)

**FLORIDA—Dunedin:** Comprehensive High School, 1651 Pinehurst Rd., 3 p.m., Sun., Jan. 15. ‡ "Are You Looking in the Right Direction?" (Rivas)

**Ormond Beach:** Presbyterian Church, 105 Amsten Rd., 2 p.m., Sat., Jan. 21. ‡ "Diana or Christ?" (Aghamalian)

**Winter Park:** Church, New York and Whipple, 8 p.m., Thurs., Jan. 12. ‡ "The Power of God" (Rivas)

**GEORGIA—Marietta:** Civic Center Auditorium, 538 Clay St., S.E., 8 p.m., Thurs., Jan. 19. ‡ "Diana or Christ?" (Aghamalian)

**ILLINOIS—Elsah:** Cox Auditorium, Principia College, 8 p.m., Thurs., Jan. 19. ‡ "The Healing of Moral Weakness" (Plimmer)

**Springfield:** Lincoln Library, 327 S. Seventh, 3 p.m., Sat., Jan. 21. "Keeping Pace with God" (Plimmer)

**MICHIGAN—Plymouth:** Church, 1100 W. Ann Arbor Trl., 4 p.m., Sat., Jan. 21. ‡ See local notice for title. (Heard)

**MISSOURI—Ballwin-Ellisville:** Church, 23 Ballwin Shopping Plaza, Ballwin, 8 p.m., Fri., Jan. 20. ‡ "Christian Science: The Christian's Best Friend" (Plimmer)

**Mason Woods:** See local notice for place. 8 p.m., Tues., Jan. 17. ‡ "Keeping Pace with God" (Plimmer)

**NEW YORK—Glen Cove:** See local notice for place. 3 p.m., Sat., Jan. 21. ‡ "The Power of God" (Rivas)

**OHIO—Alliance:** Presser Recital Hall, Mount Union College, 8 p.m., Mon., Jan. 16. "Dare to Care" (Houston)

**Columbus** (First): Church, 457 E. Broad St., 8 p.m., Mon., Jan. 16. ‡ See local notice for title. (Heard)

**Indian Hill** (First, Silverton): Elementary School, 6205 Drake Rd., 3 p.m., Sun., Jan. 15. ‡ "Finding Reality Through Prayer" (Heard)

**OHIO** (continued)

**Elyria:** Church, 309 East Ave., 8 p.m., Fri., Jan. 20. ‡ "Your Right to Be Right" (Pickett)

**Mentor** (First, Willoughby): Vocational Guidance Center, 8121 Deepwood Blvd., 8 p.m., Thurs., Jan. 19. ‡ "Mind and Man" (Heard)

**OREGON—Grants Pass:** Church, 845 N.E. Tenth St., 3 p.m., Sun., Jan. 15. ‡ "Get Your Life in Balance" (Driver)

**PENNSYLVANIA—Pittsburgh:** Church, 635 Clyde St., nr. Fifth Ave., 3.15 p.m., Sun., Jan. 15. ‡ "See It Like It Is" (Houston)

**TEXAS—Amarillo:** See local notice for place. 3 p.m., Sun., Jan. 15. ‡ "There's Only One Real Ego" (Correll)

**VIRGINIA—Fairfax:** High School, 3500 Old Lee Hwy., 8 p.m., Tues., Jan. 17. ‡ "Diana or Christ?" (Aghamalian)

**Newport News:** Church, 86 Maxwell Ln., 8 p.m., Mon., Jan. 16. ‡ "Diana or Christ?" (Aghamalian)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U.S.A.]

## SUBMITTING TESTIMONIES

Convincing testimonies of healing in Christian Science are welcomed for publication from members of The Mother Church and from students who are not members. If possible, they should be typed, triple spaced, on one side of the paper only and with wide margins. A testimony should be concise and include only the important points necessary to tell of the healings. Thus more testimonies can be published. Testimonies should be signed by the testifier and verified by three members of The Mother Church who can vouch for the integrity of the testifier or have witnessed the healings. If the testifier is unacquainted with three members, his affidavit may be sufficient, but in this case he should, if possible, obtain verification from one or two members. The testifier should submit the verifications with the testimony. Complete addresses of the testifier and his vouchers should be furnished.

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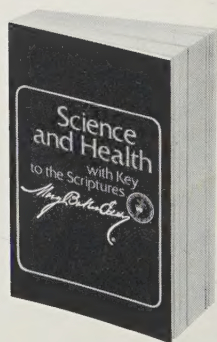
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